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| **Sicilian Mafalda Bread**  Makes: 6 small loaves  Source: cindystarblog.blogspot.com.au | |
| **Ingredients**  350 grams Bread flour  150 grams semolina  300 mls water  1 & ½ tablespoons dried yeast  10 grams salt  2 tablespoons olive oil  1 teaspoon barley malt  ¼ cup sesame seeds | **Equipment**  Measuring cups and spoons  Measuring scales  Dough cutter  Small mixing bowl  Baking trays  Glad bake  Pastry brush |
| **What to do:**   * Place warm water, yeast, barley malt and oil in a small bowl. Mix to combine, set aside for 5 minutes to become frothy * Place the combined salt and flours on a clean bench, make a well in the centre to hold the liquid * When the yeast and water is frothy, gently pour it into the well * Slowly combine the liquid into the flour. Start by using your fingers to stir the flour into the water bit by bit, then finish by kneading the mix together until it is soft and elastic – knead for about 10 minutes * Place into an oiled bowl, set in a warm place and allow to rise for an hour * Pre heat the oven to 200 degrees * Gently knock back the dough * Divide it into 6 even sized pieces * Roll each portion into a long sausage shape. Gather the long roll into a serpentine shape (see picture on reverse of recipe card) and place on a tray lined with glad bake. Repeat with each long sausage of dough. * Cover with a clean tea towel and let rise again for 15 minutes * After 15 minutes, gently brush each loaf with a little water, and scatter generously with sesame seeds * Place the rolls in the pre heated oven * Bake for 25 minutes or until golden brown and cooked through * Allow to cool for 5 minutes then serve | |